

“FIVE FOR FITNESS”

Globe Stretching Program

Revised 2009

Our daily exercise breaks are held at 9:30 AM and 1:30 PM. All exercises should be done as SLOW STRETCHES. None of the exercises should hurt or cause discomfort. If you feel discomfort, do them more easily and slowly. If discomfort continues, please discontinue the stretching.

Breathing:

Breathe in deeply through your nose, exhale through your mouth.
Count 1-4 slowly, twice.

Head, Neck and Upper Back:

Hands on hips, bend forward - count 1-4 slowly.
Bend back at the waist – count 1-4 slowly.
Twice.

Hands on Hips, Bend to the right, count 1-4, Bend to the left, count 1-4
Or

Hands on Hips, Twist or turn to the right, count 1-4, Twist or turn to the left, count 1-4. Twice

March in Place, Slowly count 1-4. Twice.

Turn head to the right, count 1-4 and then the left count 1-4, Twice.

Bend head forward, count 1-4 and then bend head back, count 1-4. Twice.

Starting with arms at side, bring right elbow/arm up and back, keeping elbow just below shoulder height, count 1-4. Repeat with left elbow/arm, count 1-4. Twice.

Raise arms from sides, up and over head and then back down. To the count of 4.
Twice.

Arms at sides, roll shoulders forward, count 1-4 and back 1-4. Slowly. Twice.

Finger Stretches:

Arms out in front, palms down, slowly bend wrist up, count 1-4. Then down count 1-4. Twice.

Hands out in front, lower each finger, one at a time, to touch palm, count 1-4. Twice. Then bend thumb to palm of hand, count 1-4. Twice.

Place fingertips of one hand against fingertips of the other hand. Gently and slowly press tips together, count 1-4. Twice.

Make a fist. Open hands. Make a fist. Open hands. Twice.